

Why Worry?

"My Summer Reading List", Part 6 of 8
Tom Johnson

*"Therefore I tell you, do not worry about your life."
(Matthew 6:25 NIV)*

Four ways to decrease your worry

I) DON'T SWEAT THE ___ SMALL STUFF ___. (task)

"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?" (Matthew 6:25 NIV)

***WORRY CAUSE:**

We get caught up in ___ DOING TOO MUCH ___.

***WORRY RELIEF:**

Know ___ WHAT COUNTS AND STICK TO IT ___.

II) REALIZE ___ WHAT YOUR RESPONSIBILITY IS ___. (emotions)

"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?" (Matthew 6:26-27 NIV)

***WORRY CAUSE:**

We try to be ___ RESPONSIBLE FOR EVERYTHING ___.

***WORRY RELIEF:**

Be responsible for ___ WHAT YOU'RE RESPONSIBLE FOR ___.

III) IMPRESS GOD ___ NOT YOUR BUDDIES ___. (relationships)

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?" (Matthew 6:28-30 NIV)

***WORRY CAUSE:**

Our overwhelming need to ___ IMPRESS EVERYONE ___.

***WORRY RELIEF:**

Genuinely love people and ___ THEY WILL BE IMPRESSED ___.

IV) FOCUS MORE ON ___ FAITH ___. (spiritual life)

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:31-34, NIV)

***WORRY CAUSE:**

We think we ___ HOLD OUR LIVES IN OUR HANDS ___.

***WORRY RELIEF:**

Place your faith in ___ THE ONE WHO HOLDS YOU IN HIS HANDS ___.